



As a child, you learned to count.



Now, learn which numbers count.

Five numbers help determine your health risks.

- 1 Blood pressure
- 2 Blood sugar
- 3 Cholesterol
- 4 Triglycerides
- 5 Weight

www.nasahealthieryou.com

Mayo Clinic EmbodyHealth and Health Assessment Returns in 2009

Complete the Health Assessment each year to identify health risks and strengths. Be one of the first 1,000 to complete the Assessment and receive an incentive. Visit Mayo Clinic EmbodyHealth regularly for tools to help you manage your health. Sponsored by NASA's Office of the Chief Health and Medical Officer.

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